

July 2016 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and older or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity or HIV status of person, that person's relatives, or that person's associates or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."



CRAFT CREATIONS - SIMPLE CRAFTS MADE EASY

Weds. July 20th, August 17th 2016 10:00 - 11:30 am

Creative projects using simple materials to make easy crafts.

Project completion from start to finish in a single class.

Keep for yourself or give as a gift.

All tools and materials included. **\$5 fee C1023**

ANTIQUE JEWELRY SALE:

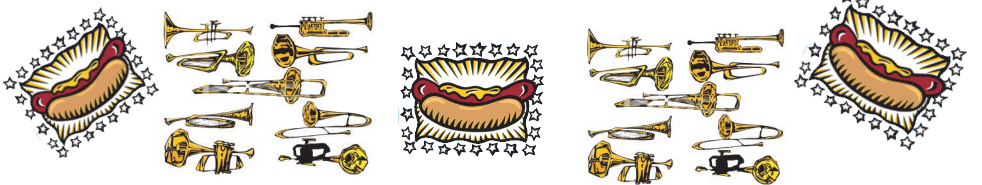
July 13th 9:00 am - 3:00 pm

Come and shop the dazzling display of reasonably priced jewelry available for purchase. Put some glitz and shimmer in your summer! Proceeds from the sale benefit the Center. Back again on August 10th.



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"Horns & Dogs" Concert Returning to the Center on Saturday, August 13, 2016 at 3:00 pm, the Motor City Brass Band will be performing on the patio. Great Music! Food to purchase! Bring your lawn/beach chair so you can sit cozy. Questions? Call (248) 246-3900 or visit mcbb.org

**Friday
Fun**

July 1st

BINGO

July 8

**MOVIE
MATINEE**

July 15

Kerry
Price

July 22

**MOVIE
MATINEE**

Mahany/Meininger
Senior Community Center
3500 Marais
Royal Oak, MI 48073
(1 block North of 13 Mile Rd.,
between Main & Crooks)

Phone: (248) 246-3900

Fax: (248) 246-3901

Salter Community Center
1545 E. Lincoln,
Royal Oak 48067
(10½ Mile Rd, 1 block West
of Campbell Rd.)

Phone: (248) 246-3180

Fax: (248) 246-3007

**Monday - Friday
9:00 am - 4:30 pm**

Senior Citizen Coordinator
Paige Gembarski

Outreach Administrator
Carolyn Marsh

Senior Recreation Specialist
Barbara Harris

R.O.S.E.S. Pam Steinmetz
Dorothy LaSure

Typist/Clerk Susan Mutschler

Van Transportation
Phone: (248) 246-3914
Monday - Friday
9:30 am - 12:30 pm
Cathy Cricelli, Dispatcher
Denise Owens, Dispatcher

Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.

Tim's Kitchen



Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 12 for the entrees.

- Call (248) 246-3900 to reserve a meal (*at least* one day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

Carry-outs available \$3.50
Meals for Homebound Residents

NOTABLE FOLKS . . .

Tim's Kitchen is always in need of donations. Fortunately, many of the Center's patrons are naturally generous and considerate. Without their generosity, Tim would have a much harder time preparing and delivering such wonderful meals (*and cookies!*, *let's not forget his homemade cookies!*)

Thank you's go out to each of the following patrons;

Bob Hilton

Pey Peng Ross

Greta Sanders

Celia Sawdon

Jessica Sawdon

Jean Simmons

Thank You Very Much!

City of Royal Oak

Customer Service Values:

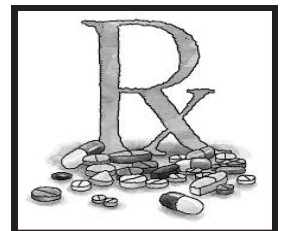
We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

Codes of Conduct:

Live the Golden Rule
Embody Honesty
Act with Patience
Take Responsibility
Listen Attentively
Communicate Effectively
Lead by Example
Be Proactive
Live Royal Oak



Five Ways to Trim PILL BILLS



From "It Pays to Be a Senior"

Ask for Samples: When your doctor puts you on a new medicine, ask for samples. It saves you money as you try it out and find out if it has too many side effects.

Call Around: Pricing varies between pharmacies. Shop smart.

Hit the Club: You don't need to be a member at Costco or Sam's Club to use their pharmacies. You can save up to 75%.

Shop the Sales: Over the counter drugs can be found on sale at many stores. Just check the expiration date first!

Remember Your Age: Senior discounts for many over the counter drugs and medical supplies are yours for the asking.

Restaurant of the Month: North 42 Restaurant & Bar

Friday July 22, 11:00 - 2:30 pm This remodeled marina restaurant with new management at MacRay Harbor Marina has award winning cuisine and impeccable service combined with a unique yacht club atmosphere with spectacular views. Cost includes transportation via Senior Bus. **\$7 T1022SU**

Lunch on you own; Menu not available at press time.



EXTENDED TRAVEL

Cleveland Rocks! / Bianco Tours

July 30 - 31 \$349 per person/double

New York City / Rybicki Tours

August 11 - 16 \$1,499 per person/double

Chicago and All That Jazz / Bianco Tours

August 30 - Sept 1 \$522 per person/double

Coast of Maine / Shoreline Tours

September 17 - 23 \$1,399 per person/double

U.P. Color Tour / Rybicki Tours

September 19 - 24 \$999 per person/double

Odawa Casino Resort / Rybicki Tours

September 28 - 29 \$149 per person/double

Stratford Festival / Rybicki Tours

October 13 - 14 \$449 per person/double

Ark Encounter / Shoreline Tours

October 22 - 23 \$339 per person/double **T1004su**

"Grand Experience" Mackinac Island

Wait List Only!

October 24 - 27 \$748 per prsn/double, \$1,019 single, balance due August 30th

Chicago: China's Terra Cotta Warriors / Bianco Tours

October 28 - 30 \$599 per person/double

DAY TRIPS

Trip Information:

- Don't wait to sign up for trips – they may be cancelled for lack of participation!
- Trip itineraries are subject to change without notice. Sometimes the venues surprise us!
- Please arrive 15 – 30 minutes ahead of posted departure time and park at the north end of the parking lot.
- If you cancel, refunds will be issued if we are able to fill your space. A \$5 processing fee will be deducted from all refunds. Full refunds are given if the trip is cancelled by us or the travel agent.

"The John Denver Experience" at Soaring Eagle Casino / Bianco Tours

Monday, July 11 2016, 8:30 am - 9:30pm Singer, songwriter and tribute artist Ted Vigil looks and sounds just like John Denver! Cost includes transportation via motor coach, show, \$10 slot play and \$5 food voucher. **\$43 T1010SU**

Lake St. Clair Discovery Friday, July 15, 2016 9:00 am - 3:00 pm

Join us as we travel up into the Middle Channel of the St. Clair River delta past Harsens and Dickinson Islands, and then down the North Channel to learn about the incredible natural resources and cultural history of this fascinating area. The cruise takes four hours, and we stay aboard the entire time. (*Bathroom facility on board.*) Bring a bag lunch or leave your order for a Jimmy John's Box Lunch (\$9.53 payable **IN CASH** on the day of the trip). Lunch will be eaten on the boat. **\$45 T1019SU**

Russian Tea Luncheon / The Royal Eagle at St. Sabbas Monastery

Tues, July 26 12 - 2:30 pm

The tea is comprised of cucumber and other tea sandwiches, smoked salmon and Russian Crepes, as well as an array of sweets and a choice of over 40 loose-leaf teas served at linen-covered tables beside tall arched windows providing views of the gardens. Chef Petr Balcarovsky, a European trained chef, expresses his Czech-heritage in each of his preparations. Cost includes transportation via Senior Bus and luncheon. Appropriate attire required. No smoking or gum chewing on the St. Sabbas Monastery premises. **\$36 T1020Su**

DAY TRIPS*(continued)*

Downtown Detroit Heritage Tour **Thursday, July 28, 2016 9:00 am - 1:30 pm** A two-hour walk through downtown! Explore the plan for the city from the ground up: way up! Historic high-rises, towering monuments, grand boulevards, parks and plazas are all part of this award-winning tour. Weather permitting, lunch after the tour at the Riverfront. Bring a sack lunch (cooler provided) or purchase something at the concession stand at Rivard Plaza. Ability to walk moderate uphill and downhill distances, navigate stairs and keep up with the group is required. Cost includes transportation via Senior Bus and tour. **\$22 T1011su**

Comerica Park**Senior Days**

Thurs, August 4th VS. Chicago White Sox \$54 T1012 su
Thurs, September 15th VS. Minnesota Twins \$45 T1013 su
11:30 am – end of game

Cost includes transportation via Senior Bus, ticket, hot dog and soft drink. No residency requirements, but only two tickets per person/couple. You must be age 62+****THESE TRIPS WILL OPEN FOR REGISTRATION ON JUNE 30, 2016****

FUTURE DATES FOR DAY TRIP FUN!**MARK YOUR CALENDARS!**

August 5	August 25	September 7
Amish Acres Arts & Crafts	Rybicki Travel Show	Detroit Zoo Senior Day
\$74	No Charge	\$4

JUST A REMINDER! If you are traveling with us:

- Arrive 15 - 30 min. ahead.
- *CHECK-IN* with a staff person.
- Park in the farthest north row of our lot (Look for Trip Parking signs).

All trip dates, descriptions and prices are subject to change.

FAVORITE ACTIVITIES HERE AT THE CENTER**EUCHRE GAMES**

Join us for Euchre on
Thursdays at 12:30 pm
(\$1 Drop-in)

Euchre Winners

May 5th	Cindy Malcolm & Darlene
May 12th	Don Bannasch
May 19th	Russ Staschke
May 26th	Cindy Malcolm

POOL TOURNAMENTS (monthly)

The center has pool tables here for your use:
\$0.50/day or \$3/month.
Like competition? Then, sign up for the monthly tournament - 2nd Thursday of the month.

**Annual Pool Tournament Winners
May 12th**

	Red Team	Green Team
First Place	Jim Fields	Paul Riddle
Second Place	John Beauchamp	James Dickinson
Third Place	Dave Savage	Bob Irvine

BINGO - First Fridays**July 1st 12:30 pm**

BINGO Cards \$0.25/each (Maximum of three (3). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

Drop-In Cards**Rubber Bridge Mondays**

Drop in for Rubber Bridge and bring a partner to play.

\$1.00 12:15 pm**Pinochle Tuesdays**

Drop in for pinochle, meet new friends. **\$1.00 12:30 pm**

Duplicate Bridge Weds.

Drop in with a partner to play duplicate bridge.

\$2.00 12:30 pm**Euchre Thursdays**

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

\$1.00 12:30 pm**Mah-Jongg Drop-In****Wednesdays 9:30-12 pm****Fridays 1-3 pm**

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Handbells**Fri 12:45 pm Jul 1 - Aug 26**

Experience the fun of ringing handbells with a group. Director Sylvia Hartsoe, says playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. Performances April—mid-July. Previous ringing experience not necessary, but music reading skills is helpful. **\$25/9 wks C1040Su**

Senior Sew**Tues, 10:00 am**

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're a new quilter and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

**Welcome Newcomers!****Monday, July 11 10:30 am**

Newcomer's orientation is open to anyone fifty or better.

Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call **(248) 246-3900** to reserve a spot.

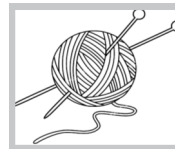
Creative**Coloring****for Grown Ups****July 18th****Mondays, 10:30 - 11:30 am**

Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies. C1094F**

**Helping Hands****Tues & Thurs 9:30 am**

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are needed.*

Drop off yarn on the days the group meets

**Sit 'n' Knit****Tuesday 1:00 pm**

Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

Laptop Computer Classes**Tues, 10:00 am \$40/4 weeks****July 12 - August 2 C1092Su**

Set up for beginners and advanced students. Bring your laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Classes limited to 4. Pre-registration

Ask the Computer Lady!**Tuesdays thru August 30****9:15 - 9:45 am C1097Su****12:45 - 1:15 pm C1098Su**

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: **248-246-3900. \$20/ 30 minutes OR \$35/one hour**

Get Your "Gadget"

One-on-one class: three 45-min sessions Tues, 11:15 - noon

Dates thru August available

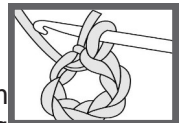
This three session one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **248-246-3900 \$60/C1091Su**

Star-Grabbers**Amateur Astronomy Group****2nd & 4th Wednesdays 10 am**

Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

Crochet**Creations****Thurs, 12:15 pm**

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet.



Hearing Tests/Cleaning Hearing Aids

Tues, July 12 - by appt. (1 - 3 PM)

Zounds! will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900.

Foot Doctors

Weds., July 13th 9 - 11 am

Drs. Adas and Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

Financial Aide

Thurs., July 21st 10:00 am

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 min appt

Massage Therapy by Appt Thurs & Fri July 21st & 22nd

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides 35 minute massage session for \$30, or 75 -minute sessions for \$60.

Painting - All Media

Thurs, Jun 30 - Aug 18 9:15 am

Mike Byrne instructs art students of all levels of ability. Individual attention is given to each artist's chosen discipline. Supply list at sign-up. Pre-register, **C1090Su \$55/8 wks**

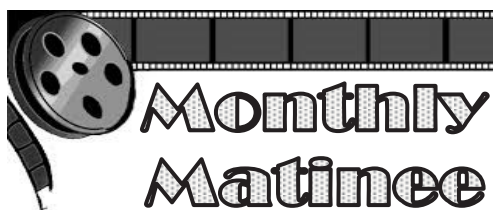
* NEW *

Water Color Painting

Friday, July 1 - Aug 19 9:15am

Another Mike Byrne class—see Barbara

C1091su \$55/8 wks



Friday, July 8th 12:30 pm

45 Years

Charlotte Rampling & Tom Courtenay
A married couple, preparing to celebrate their wedding anniversary, receive shattering news that promises to forever change the course of their lives. *Rated R for Language and brief sexuality.*

Friday, July 22nd 12:30 pm

JOY

*Jennifer Lawrence,
Robert DeNiro & Diane Ladd*
Joy is the story of the title character, who rose to become the founder and matriarch of a powerful family business dynasty. *Rated PG-13 for brief strong language.*

**Suggestions for future
viewings are happily accepted.**

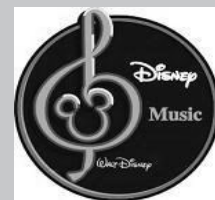


Kerry Price On Piano

Friday, July 15th 12:30 pm

"Zipadeedoodah"

A salute to the music of
Walt Disney.



\$2, payable at the door

Focus on the News

1st & 3rd Tues. 10:30 am

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

Computer Club

Wednesdays 12:30 pm

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

July 6	Chris Gideon
July 13	Larry Kulp
July 20	Rodger Gach Q/A
July 27	Jack Vanders

Lunch & Learns 11:30 am

Preregistration Required

LUNCH IS PROVIDED FROM TIM'S KITCHEN FOR ALL WHO REGISTER BY THE DEADLINE. CALL (248) 246-3900 (*SPACE IS LIMITED, REGISTER EARLY*) REGISTERED PATRONS WHO ARE "NO SHOWS" FOR TWO "LUNCH & LEARNS" FOR WHICH REGISTERED **CANNOT** REGISTER FOR LUNCH & LEARNS FOR A YEAR.

What to Do When a Friend is Feeling Down Tuesday, July 12th

Presented by: Home Care Physicians, P.C.

This presentation will include: Facts and Stats on depression, types of depression, tell-tale signs of depression, what TO say and what NOT to say to someone with depression. Additionally, you will learn about contributing factors and prevention of depression; as well as diagnosis and treatment. **A1000**; deadline to register July 7th.

Exploring Home Ownership in Late Life: Benefit or Burden?

Thursday, August 25th. Presented by: Right Moves for Seniors and Right Moves Consignment & Estate Sales. Linda Novak & Carolyn Stieger are two certified Senior Move Managers who will share the hard facts on Home Ownership in Later in Life. Learn the details and tactics on move management:

- * Staging your home effectively
- * "Right-Sizing" of your potential move
- * How to Dispose of the "stuff" that doesn't move
- * The Move itself
- * Resettling in your New Home

Assisting seniors since 2005. **A1001**; deadline to register is August 18th.

Chair Yoga Exercises (DVD)**Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Silver Foxes**Mon-Tues-Wed-Fri 9:30 am**

Exercise along with the Richard Simmons Silver Foxes videotape. This features low-impact, aerobic workout for the intermediate exerciser. Each No fee.

Sit-Down and Tone-Up**Tues & Thurs 10:30 am**

A lively chair workout to build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb. weights. DVD, free!

Zumba Gold**Friday, thru July 29th 10:20 am**

Low impact aerobic workout, some chair work. Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register Drop-ins \$8.00.

\$40/8 weeks C1015SU**DANCE
CLASSES****Round Dance**

Round Dance takes a well deserved summer hiatus! Check closer to Labor Day for schedules starting in September

Intermediate Line Dancing**Fridays 1:00 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. \$2 payable at each lesson. **NO BOOTS!**

Drop-In Ballroom Dance Class**Mondays 1:00 pm**

Join **Bill Scheff** Mondays to learn all the footwork involved in Ballroom dancing. No partner needed. Feel free to drop in and watch anytime. **\$5**

**Tai Chi Basic
& Chen Style****太極拳**

TAI CHI CHUAN

Thursdays**9:15am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy.

\$60/10 *Classes resume in the fall***Kuratomi Stretching****Wednesdays 10:30 am**

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally.

\$34/4 weeks C1009**Gentle Yoga \$15/3 weeks****Monday, Jun 13 - Jun 27****9:15 am (C1029su)****1:00 pm (C1030su)****Thursday, Aug 4 - Aug 25****1:00 PM (C1032su)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended.

Water Aerobics**Weds., 8:30 am****Jul 13 - Aug 31**

Great workout with water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 weeks C1045Su**

**Aqua Zumba****Thurs, 8:30 am****Jul 14 - Sept 1**

Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister: **\$36/8 weeks C1046Sp**

**Chair Exercise with Cindy****Fri July 23 - Aug 26 10:30 am**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 weeks C1025Su**

Healthy Back Class**Wed July 20 - Aug 24 1:30 pm**

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 weeks C1019Su**

Yoga Tues, 1 pm**Jun 28 - Aug 16**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase, strength, flexibility, alignment and balance.

**\$36/8 weeks C1074Su****Chair Yoga****Wednesday, 12:30 pm****July 20 - August 24****\$25/6weeks 1021su****Friday, 11:30 am****July 22 - August 26****\$25/6 weeks C1023Su**

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

Pilates/Core Body conditioning**Mon, Jul 11-Aug 29 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise to help develop strong, flexible muscles and better posture. a basic class with emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor Cheryl Baugh, ACSM **\$36/8 weeks - C1087Su**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, July 25 10:00 am

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays 10:00 am

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Group

Wednesdays 9:00 am

Our Center welcomes deaf adults for socialization each Wednesday.

Legal Aid

3rd Thursday, July 21 1:00 pm

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L. (Positive Attitude Living)

Fridays 10:30 am

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

Royal Oak Seniors RESOURCE CENTER

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly



SEEKING A FEW NEW IDEAS!!

The Senior Center is always looking to introduce new programs.

- Do you have a few hours of time to spare each month?
- Have you recently retired and would like to share your on-the-job experience to help others?
- Or, do you have a skill, a hobby or craft to share?

If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.



Transportation

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-

to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30 -12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

Medical Equipment Loan Closet (248) 246-3900

The Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep it as long as necessary, and return it to the center in a cleaned state ready to be loaned to the next person in need.

Donations of clean, working durable medical equipment are accepted.

To borrow an item, call so that we can verify the we have the equipment you need; or

To Donate, call to determine if we are currently accepting items that you no longer need.



NEEDS YOU!

Are you capable, hard-working, looking for some additional funding or work opportunity? Like working independently?

Especially needed as Spring arises -

Painters: As a R.O.S.E.S. painter, you are paid for the labor you provide. The customers (residents) are responsible for providing the paint and supplies.

Lawn Service: Lawn Service providers for R.O.S.E.S. mow and edge (as needed) to help home owners maintain the yard's appearance and good health. You will need to provide the labor and tools required to get the work completed.

Interested? Please come to the center to complete an application Monday - Friday, 9:00 am - 4:30 pm
3500 Marais, (north of 13 Mile, Bet. Crooks & Main)
All applicants will be subject to a background check.



Royal Oak Memorial Art Fair

Woodward @ 13 Mile/Coolidge

Sat - 7/9 - 10 am - 6 pm

Sun - 7/10 - 10 am - 5 pm

Art, Music Food & Fun



ROYAL OAK FARMERS MARKET

- 316 East 11 Mile Road
- 2 blocks east of Main St
- 248-246-3276

July 13th - Food Truck Rally (5pm-9pm)

July 16th - Armenia Fest (5pm-11pm)

July 22nd - Burger Bash

August 10th - Food Truck Rally (5pm-9pm)

August 13th - Corn Roast (9am-3pm)

ROYAL OAK SCHOOLS - A COMMUNITY OF EXCELLENCE

July 2016 Activities

Board of Education Meeting 800 DeVillen
7:00 pm Thursday, July 14

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events. (*Exc. State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the:

Churchill Community Education Center
707 Girard, Royal Oak

For information, please call (248) 588-5050

Summer Recreation Swim Program

Now through Thursday, August 4, 2016

Family Open Swim:

Royal Oak Middle School, 709 N. Washington
Monday, Tuesday & Thursday 7:15 to 8:30 pm

Royal Oak High School, 1500 Lexington
Monday thru Thursday, 12:15 - 1:15 pm

Adult Open Swim:

Royal Oak Middle School, 709 N. Washington
Monday, Tuesday & Thursday 8:30 - 9:45 pm

Seniors free with Gold Card, Adults and Children \$5, 5 and under free.

Bring a towel, and a lock, but no flotation devices. And please leave your valuables at home!

HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00 *Carry Outs \$3.50*
AVAILABLE TO ALL - NO AGE RESTRICTIONS!

July 2016 Lunch Menu

Friday	1	Ham & Swiss Salad	
Monday	4	<i>Closed for the Holiday ~ No Lunch</i>	
Tuesday	5	Lemonade Chicken	<i>SMART MENU</i> ♥
Wednesday	6	Sloppy Joe on a Bun	
Thursday	7	Tuna Pasta Salad	
Friday	8	Beef Goulash	
Monday	11	Meatloaf with Gravy	
Tuesday	12	Sliced Ham	
Wednesday	13	Chicken Pasta Salad	
Thursday	14	Pork Chop	
Friday	15	Hot Chicken Salad	
Monday	18	Italian Cheese Square	
Tuesday	19	Swedish Meatball	
Wednesday	20	Cranberry Hamloaf	
Thursday	21	Pasta with Meat Sauce	
Friday	22	Seafood Salad	
Monday	25	Chicken Parmesan	
Tuesday	26	Pork Chop	
Wednesday	27	Chicken Gumbo	
Thursday	28	Salmon Patty	<i>SMART MENU</i> ♥
Friday	29	Meatloaf with Tomato Sauce	

To reserve a lunch, call (248) 246-3900 at least one day in advance (*call before 1 pm*).

Lunch is served at 11:45 a.m.

Alzheimer Support..... 4th Monday, 10 am
Support for families and friends of those afflicted with Alzheimer's Disease.

Aphasia Support Group.....Thursdays, 10 am
Support for adults with communication disorders.

Billiards, Drop-In..... Monday-Friday, 9 am-4:30 pm
Pool tables - 50¢ daily use or \$3.00 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 am
Singles tournament for those who drop in, \$3.

Bridge, Drop-In Drop in with partner to play bridge.
.....**Rubber** \$1 - Mondays, 12:15 pm
..... **Duplicate** \$2 - Wednesdays, 12:30 pm

Computer Club..... Wednesdays, 12:30 pm
For computer enthusiasts with some experience.

Crochet Creations.....Thursdays, 12:15 pm
Join anytime to learn or refresh your skills, no charge.

Dance - Ballroom..... Mondays, 1 pm
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate Line Fridays, 1 pm
Drop-in, \$2.

Dance - Round Thursdays, 1 pm
Classes will resume after the Labor Day Holiday.

Dance - Round (Beginners) Wednesdays, 2:30 pm
Classes will resume after the Labor Day Holiday.

Deaf Group..... Wednesdays, 9 am
Join for socialization.

Euchre, Drop-In.....Thursdays, 12:30 pm
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua Zumba..... Thurs, 8:30 am
Zumba workout in the water at RO Middle School, pre-register/fee.

Exercise - Chair Yoga (DVD).....Mondays, 10:30 am
Drop-in for "gentle," less strenuous exercise, no charge.

Exercise—Chair Yoga...Wed, 12:30 pm; Friday, 11:30 am
Pre-register, fee.

Exercise – Chair w/Cindy.....Friday, 10:30 am
Gentle but effective exercise. Pre-register/fee.

Exercise – Gentle Yoga Monday 9:15 am and 1:00 PM,
Thursday, 1 pm. Slow flow class to strengthen bodies and calm minds. Pre-register/fee.

Exercise – Senior Pilates..... Monday, 10:30 am
Body conditioning exercise. Pre-register, fee.

Exercise - Silver Foxes... ..Mon-Tues-Wed- Fri, 9:30 am
Low-impact aerobics to Richard Simmons video, no charge.

Exercise – Sit Down & Tone-Up Tues/Thurs, 10:30 am
no charge.

Exercise - Tai Chi Thurs., 9:15 am
Chinese exercise of moving meditation, pre-register/fee.
Classes resume in the fall.

Exercise—Water AerobicsWed, 8:30 am
Water exercises at RO Middle School, pre-register/fee.

Exercise - Yoga Tuesday, 1:00 pm
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register/fee.

Financial/Investment Aide.....3rd Thursday, 10:00am
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Free 30 min appointments/pre-register

Focus On the News.....1st & 3rd Tuesday, 10:30am
Fun & lively discussion of current news happenings, free.

Foot Doctor2nd Wednesday, 9 am
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

Handbells Level II, Friday, 12:45 pm
Pre-register/fee. Resumes the week of Labor Day.

Helping Hands Tuesday & Thursday, 9:30 am
Knit, crochet, chat - join in making blankets for charity.

Kerry Price3rd Friday, 12:30 pm
Different sing-along piano programs each month, \$2.

Kuratomi Stretching.....Wednesday, 10:30 am
Japanese forms and Jumeo to open the body, mind & spirit gently and naturally. Pre-register/fee. *Classes Resume in the fall.*

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In...Wednesdays, 9:30 am; Fridays 1 pm
Experienced players may drop in and play.

Massage Therapy.....3rd Thursday & Friday, by apt.
35 min/\$30 and 75 min/\$60 massage sessions.

Monthly Matinee 2nd and 4th Friday, 12:30 pm

Painting Classes.....Thursday, 9:15 am
All media and all stages of development. Pre-register/fee.

PAL (Positive Attitude Living) Fridays, 10:30 am
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

Pinochle, Drop-InTuesdays, 12:30 pm
Drop-in for pinochle, meet new friends, \$1.


Senior SewTuesdays, 10 am
Join us for a day of piecing quilt tops. No fee.

Sit 'n' Knit..... Tuesdays, 1 pm
Join us for a day of knitting. No fee.

Star Grabbers.....2nd & 4th Wednesday, 10 am
Amateur Astronomy Group. No fee.

Welcome Newcomers!.....1st Monday, 10:30 am

JULY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>I drifted into a summer-nap under the hot shade of July, serenaded by a cicadae lullaby, to drowsy-warm dreams of distant thunder.</p> <p>~Terri Guillemets</p>				<p>1</p> <p>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p>
<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p>	<p>5</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p>	<p>6</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class</p>	<p>7</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre</p>	<p>8</p> <p>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p>
<p>11</p> <p>9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance</p>	<p>12</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 11:30 AM Lunch & Learn 12:30 PM Pinochle (Drop-In) 12:30 PM Drawing Primer Class 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p>	<p>13</p> <p>8:30 AM Water Aerobics 9:00 AM Foot Doctors (appt) 9:00 AM Deaf Group 9:00 AM Antique Jewelry Sale 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back</p>	<p>14</p> <p>8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:15 AM Painting - All Media 10:30 AM Helping Hands 10:00 AM Sit Down & Tone Up 10:00 AM Aphasia Support 12:30 PM Crochet Creations 1:00 PM Drop-In Euchre 1:00 PM Geneology 101</p> <p>By Appt Massage Therapy</p>	<p>15</p> <p>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p> <p>By Appt Massage Therapy</p>
<p>18</p> <p>9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Creative Coloring 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance</p>	<p>19</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p>	<p>20</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class</p>	<p>21</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:00 AM Financial Aid (Appt) 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Geneology 101 1:00 PM Legal Aid - By Appt</p>	<p>22</p> <p>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Movie Matinee 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p>
<p>25</p> <p>9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance</p>	<p>26</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:30 PM Still Life Drawing Class 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p>	<p>27</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Chair Yoga 12:30 PM Computer Club 1:30 PM Healthy Back</p>	<p>28</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Geneology</p>	<p>29</p> <p>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p>
Mahany/Meininger Senior Community Center				

Salter Center Book Club

Mon, July 18 10-11:30 am

Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. July's book is *To Be Announced*.

Drop-In Pinochle

Wed & Fridays 12:30 pm

Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Helping Hands

Fridays 9:30 am

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. **Donations of 4-ply yarn gratefully accepted.**

Sit Down and Tone Up

Mon - Wed - Fri 9:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

Yoga

Thurs. Jun 23 - Aug 11 10:15 am

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2015su.**

DROP-IN-SPORTS

At the Salter Center

Pickleball

- **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 8.

-Mondays -

11:00 am-1:00 pm or 1:00-3:00 pm
All levels, East Gym

-Tuesdays -

1:00 - 3:00 pm All levels, East Gym
12:30 - 2:15 4.0 & higher, West Gym

-Wednesdays -

11:00am-1:00pm or 1:00-3:00 pm
All levels, East Gym
11:00am-2:00pm
3.5 & Higher (West Gym) **\$3**

-Fridays -

11:00 am-1:00 pm or 1:00-3:00 pm
All levels, East Gym
5:00-7:15 pm Ages 19 & Up, East Gym
12:30-2:00pm 3.5 & Higher mixer, West Gym

Bounce Volleyball

Tues/Thurs 11-1 pm

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

Stretch & Strength Training

(40+ cardio weights & strengthening)

11 am - Noon

Mon, July 25 - August 29

Weds, July 27 - August 31

Fri, July 29 - Sept. 2

Improve your strength, stamina and flexibility: adaptable to your own pace and fitness level. Class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle, wear tennis shoes and loose, comfortable clothing. Classes run continuously except holidays and scheduled instructor vacation. Instructor, **Jo Schirtzinger**. **\$5** drop-in fee

\$26/6 wks for 1 day; **SA2008su**

\$46/6 wks for 2 day; **SA2009su**

\$64/6 wks for 3 day; **SA2010su**

Balance Training (50+)

Fri Jun 3 - Jul 22 12:30pm

30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun, innovative exercises keep you smiling and moving! **Jo Schirtzinger**, fitness instructor since 1994. **\$25/6 wks SA2007** No class July 1st or July 15th.



Tai Chi Chuan

Standing/Chen Style Laojia Yuile Tuesdays, 10:00am


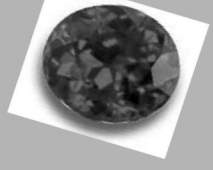


Instructor Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. The movements are slow and fast, twining and twisting, connected with internal spiral energy. **\$60/10 wks.** *Classes resume in the fall.*

Monday-Friday 8:30 - 11:00 am

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.

Welcome Walkers!!

July 2016

Monday		Tuesday	Wednesday	Thursday	Friday
<div>July Flower: Larkspur</div> <div></div> <div>July Birthstone: Ruby</div> <div></div>			<div></div> <div>CANCER (Crab) June 21 - July 23</div>	<div></div> <div>LEO (Lion) July 24 - August 23</div>	<div>1</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Strength & Stretch 12:30 PM Balance Training 12:30 PM Pinochle, Drop-In</div> <div><u>Drop-In</u> <u>Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>
<div>4</div> <div>Closed for Independence Day</div>		<div>5</div> <div>8:30 AM Let's Walk 11:00 AM Bounce Volleyball</div> <div><u>Drop-In</u> <u>Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</div>	<div>6</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 12:30 PM Pinochle, Drop-In</div> <div><u>Drop-In</u> <u>Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>7</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>8</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 12:30 PM Balance Training 12:30 PM Pinochle, Drop-In</div> <div><u>Drop-In</u> <u>Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>
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<div>25</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength</div> <div><u>Drop-In</u> <u>Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</div>		<div>26</div> <div>8:30 AM Let's Walk 11:00 AM Bounce Volleyball</div> <div><u>Drop-In</u> <u>Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</div>	<div>27</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In</div> <div><u>Drop-In</u> <u>Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>28</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>29</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:30 PM Pinochle, Drop-In</div> <div><u>Drop-In</u> <u>Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>
Jack & Patti Salter Senior Community Center					